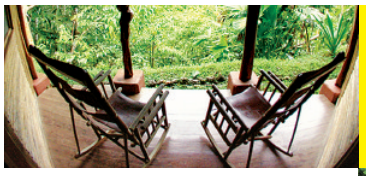

KINDNESS CAN BE PASSED DOWN
FOCUS YOUR KIDS ON HELPING OTHERS {page 11}

TRAVEL ECO-GNITO
OPTIONS FOR GREEN VACATIONS {page 12}

DEGRASSI
NO SUMMER BREAK FOR THESE KIDS
SCENE {page 8}

VANCOUVER metro®
Monday, July 19, 2010
www.metronews.ca
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Pets. Project

▶ Jamie Fedichin, left, gets cozy with three-year-old rescued pit bull cross, Tandy, outside Britannia Secondary School yesterday.

KRISTEN THOMPSON/METRO VANCOUVER

Huggable bulls get lovin' support

Tandy, who is up for adoption, was participating in Projects4Pets, a pet talent show put on by Simon Fraser University students to raise money for Hugabull rescue society. For more information visit hugabull.com.

LiLo looks to Robert Shapiro

Troubled star hires former O.J. Simpson attorney {page 10}

New British Open champ

South African dominates field to capture Claret Jug {page 17}

B.C. HIV drugs halve new cases

▶ B.C. Centre for Excellence in HIV-AIDS presented its findings at International AIDS Conference in Vienna yesterday ▶ Study shows HAART mix helps prevention

KRISTEN THOMPSON
@METRONEWS.CA

The rate of new HIV infections has been cut in half thanks to the introduction of antiretroviral therapy, Vancouver AIDS researchers have found.

In a study made public yesterday, researchers found that new HIV cases in British Columbia have dropped by more than 50 per cent since the drug cocktail known as HAART started being administered in 1996.

Researchers used provincial health records from 1996 to 2009 to determine how many people were prescribed the drugs and how many new HIV cases were diagnosed during that period.

"The more people you have on treatment, the less people become infected," said principal investigator Dr. Julio Montaner.

HAART, or highly active antiretroviral therapy, is a treatment of three drugs taken daily that reduces the amount of HIV virus in bodily fluids, extending life expectancy.

The drop in new cases is driven largely by people with a history of IV drug use.

WITH FILES FROM THE CANADIAN PRESS

{More, page 4}

RONALD ZAK/THE ASSOCIATED PRESS

"When you prevent one infection ... you are preventing that infection plus the infection that infection would have generated down the road. This is like putting money in the bank and letting it grow for years to come."

DR. JULIO MONTANER, AT THE INTERNATIONAL AIDS CONFERENCE IN VIENNA

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Board to consider captivity on ballot

The Vancouver Park Board will be debating tonight whether to make the issue of whales in captivity a ballot question in next year's election.

Some animal rights advocates say it's inhumane to keep whales or dolphins in enclosed pools.

In an open letter to its supporters, the Aquarium said its mission is to "conserve aquatic life through display and interpretation, education, research and direct action."

KRISTEN THOMPSON

METRO VANCOUVER FILE PHOTO

▶ Vancouver Aquarium staff watch newborn beluga whale Nala in 2009.

Arrest made in sex assault

Police have arrested a man wanted in connection with the sexual assault of a 19-year-old woman who was followed after getting of the bus in South Vancouver earlier this month.

Benjamin Palk, 35, from New Westminster, was arrested after police released surveillance images of a person of interest.

Investigators are asking for the Good Samaritan who intervened to contact police. KRISTEN THOMPSON

Music. Played

▶ First-time attendees Alexandra Devieux and Lisl Baker dance to Madison Violet during the Dancing Feet workshop yesterday at the Vancouver Folk Music Festival.

NATASHA POON

Folk festival wraps up

After three days of sunshine and music, the annual Vancouver Folk Music Festival came to a close yesterday with Boukman Eksperyans playing to an audience that numbered in the thousands.

Foreign student drowns in lake

- Dies in hospital in Vancouver where he was admitted in critical condition
- Teen's mother, visiting from China, with him at time of death

VANESSA YEE
VANCOUVER@METRONEWS.CA

An international student from China taken to hospital after being found unconscious at a lake near Squamish has died, RCMP said yesterday.

On Saturday, the 17-year-old went on a field trip to Alice Lake Provincial Park near Squamish with his Bodwell High School classmates. Around 2:30 p.m., he began to experience some difficulties in the water, according to RCMP Cpl. Dave Ritchie.

The student was later found unconscious in the water and airlifted to B.C. Children's Hospital.

Ritchie said that the teen's mother, who was visiting her son, was with him when he passed away.

His death is being investigated by the B.C. Coroner's Service.

This was the fourth drowning death in B.C. last week. A toddler died at Okanagan Lake during a family vacation and a 16-year-old girl died on Hatzic Lake when she fell from a boat and was run over.

Bad timing?

Death comes after study.

Report The international student's death comes just days after the release of a report that suggested newcomers are at a greater risk of drowning than those born in Canada.

THE CANADIAN PRESS

Teen slain for defacing gang car, says RCMP

A 17-year-old boy shot dead in Surrey last Wednesday was targeted because he vandalized a gangster's car, RCMP said.

Adem Aliu had been drinking and was slashing car tires with friends before he was shot, Supt. Dan Malo said.

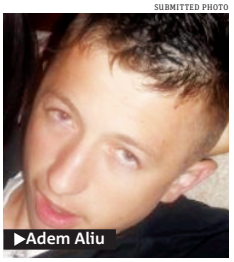
Steven Brandon Mulligan-Brum, 20, has been charged with second-degree murder.

JENNIFER O'CALLAGHAN

Slain teen

Family Aliu moved from Albania years ago without his parents and was living with an uncle in Surrey.

SUBMITTED PHOTO



▶Adem Aliu

News in brief

Lockout may delay flights

TRAVEL. Air travellers going through Vancouver's airport today could be in for some delays if the supervisors of the workers who refuel airlines are locked out as threatened by their France-based employer.

The union has requested a meeting on Friday to resolve the dispute.

VANESSA YEE

Dead body recovered

LAKE. The remains of a man have been pulled from Upper Campbell Lake after a canoeist spotted the body.

KRISTEN THOMPSON

RCMP seek two in assault

WANTED. RCMP are on the hunt for two men who assaulted a truck driver while he was filling up with gas in Langley.

KRISTEN THOMPSON

1 news

News on the move

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

We catch up with Alex Cuba at Vancouver Folk Fest. More online at metronews.ca /local

Follow us on Twitter @vancouvermetro

SCANLIFE

International jewel thieves, the Pink Panthers, have become legends in their native Balkans. Scan this code for more.

Woman in custody after standoff

Police took into custody a 39-year-old Smithers woman who — armed with a rifle — barricaded herself in her home for more than six hours after allegedly stabbing her partner. The female victim was treated for non-life-threatening injuries. KRISTEN THOMPSON

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Suspect in case of missing couple could be in B.C.

RCMP HANDOUT

▶ Travis Vader is sought in connection with the disappearance of an Alberta couple on their way to B.C.

▶ Travis Vader is being sought by the RCMP ▶ Anyone who sees him is asked to call police immediately

JENNIFER O'CALLAGHAN
VANCOUVER@METRONEWS.CA

More than 150 tips have come in from the public — ranging from Victoria to Prince George — in the case of a couple that went missing while driving to Abbotsford from Alberta.

Many of the tips were generated after police announced they're looking for 38-year-old Travis Vader as a person of interest.

Vader is considered to be dangerous and the public are strongly cautioned not to approach him if sighted, police said.

Lyle and Marie McCann's motorhome was found burned out in a bush near Edson, Alta. two days after they departed their St. Albert home for B.C.

The SUV they were towing was found later. Police completed an examination of the vehicle yesterday.

"We aren't releasing information on what was in the vehicle, because we want to use it in the case," said Sgt. Patrick Webb from Calgary.

"Right now, we are doing everything we can to find the McCanns and Travis Vader."

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B.C. leads AIDS fight: Researcher

The world is following British Columbia's lead when it comes to halting the spread of HIV-AIDS, the director of the B.C. Centre for Excellence in HIV-AIDS said yesterday at a conference in Vienna.

Canada on the other hand, lags behind, Dr. Julio Montaner said.

"(Yesterday), at the plenary opening session ... in front of dignitaries, royalty and at least 20,000 people, UNAIDS executive director Michele Sidibe stood up and personally thanked Premier Gordon Campbell," Montaner said at the International AIDS Conference.

New HIV cases in B.C. have fallen 52 per cent since 1996, when drug cocktails were introduced. That treatment is now seen as a model to be followed worldwide.

"It's a moment of great pride for myself, St. Paul's hospital, the University of B.C. and for the province," Montaner said.

Montaner added that it's not too late for the federal government, which has "refused to talk to us," to get involved in stemming the spread of the disease.

FERNANDO CARNEIRO

Findings

- Results of the B.C. study, which used provincial health records from 1996 to 2009, were published yesterday in medical journal The Lancet.
- The research has helped the UN shape its $26-billion-per-year Treatment 2.0 initiative. The program calls for 15 million people worldwide to receive anti-retroviral drugs — triple the number currently getting the treatment.

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Some soldiers are fighting a war at home

Six per cent of Canadian Forces staff come back with symptoms of PTSD and/or major depression

Military police records describe spousal sexual assault, hitting, shoving and screaming matches on or near Canadian Forces bases — family violence that counsellors link to repeated tours in Afghanistan.

The case summaries offer a rare view of tensions and conflict that regularly erupt in military homes across the country.

They detail 49 incidents from July 1, 2008, to Feb. 1, 2009, in which charges were laid or complaints were deemed as "founded."

Several other reports of assault — physical and sexual — were handled through "alternative" measures or "departmental discretion."

The heavily censored records were released by National Defence eight months after The Canadian Press requested them under Access to Information laws.

THE CANADIAN PRESS

Case summaries

- In January 2009, the RCMP phoned military police at CFB Shilo in Manitoba to inform them a soldier had been arrested for aggravated spousal assault with a weapon, sexual assault and three counts of uttering threats.
- In July 2008, a member of the 2nd Battalion, Royal Canadian Regiment, was charged in Oromocto, N.B., for assaulting his common-law spouse at their home.
- That same month, military police at CFB Borden answered a 911 call from a woman whose common-law spouse was later charged with assault.

Ontario. Turtle

▶ Chantelle Longe, 10, looks at a pet store replacement turtle held by her six-year-old brother Anthony at the Gala Days Turtle races Saturday in Ailsa Craig, Ont.

DAVE CHIDLEY/THE CANADIAN PRESS

Annual turtle race cancelled

The 36-year tradition of racing wild turtles found in Ontario's Ausable River was halted after the Ministry of Natural Resources responded to complaints about the races and ordered the wild turtles to be returned to the river before the races. The races had to be cancelled after one trial because the replacement turtles, measuring only about five or six centimetres, were too small to move and be visible in the grass.

3 boaters' bodies recovered

The bodies of two young brothers and one man have been recovered off Newfoundland's coast, while a search continued yesterday for another man who was in the same boat.

THE CANADIAN PRESS

Still life shuts down autobahn

The average speed of the German autobahn dropped to near zero yesterday as tens of thousands of people sat at a 37-mile table for a celebration titled, appropriately enough, "Still Life."

THE ASSOCIATED PRESS

Dozens killed in Iraqi attack

A suicide bomber ripped through a line of anti-al-Qaida Sunni fighters waiting to collect paychecks near a military base as nearly 50 people were killed west of Baghdad.

THE ASSOCIATED PRESS

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the Bay OPTICAL

England. Arrival

▶ A Boeing 787 lands for the first time outside the United States, at the Farnborough International Airshow in Farnborough, England, yesterday.

SANG TAN/THE ASSOCIATED PRESS

Big plane, big expectations

Boeing Co.'s long-anticipated 787 jet touched down yesterday at the Farnborough International Airshow, the industry's premier event, underlining hopes that the two-year downturn in the aviation and defence industries is nearing a bottom.

Market waits for BoC's next move on rates

Economist: Canadian market 'rapidly approaching normalcy' Predicts key rate of 2.5% by end of 2011

Canadian investors will look to the central bank's interest rate decision for guidance this week, while U.S. markets are hoping earnings reports from a slew of major companies will help offset some abysmal economic data.

The Bank of Canada is expected to raise its key lending rate by a quarter percentage point tomorrow to 0.75 per cent, another indication that Canada's economic recovery has so far been stronger and faster than in the United States.

An interest rate hike by the Canadian central bank in a move to fight inflationary pressures in the economy could put some pressure on stock markets as they price in "greater odds of follow-up moves through October," noted Avery Shenfeld, chief economist at CIBC World Markets.

50%

Half of the firms surveyed by the Bank of Canada said they planned to add jobs in the next 12 months, according to a quarterly review released last week.

News earlier this month that the Canadian economy created a whopping 93,200 new jobs in June, taking the country's unemployment rate below eight per cent for the first time since the depths of the recession, "more or less put the lid on the question" of whether the central bank would hike interest rates, said Doug Porter, deputy chief economist at BMO Capital Markets.

THE CANADIAN PRESS

OIL GIANT

Will BP regain its value?

The future of BP PLC has shifted in recent days from a death-watch discussion to a debate about how valuable the British oil giant will be after it finishes paying for the worst offshore oil spill in U.S. history.

Its shares have regained more than a quarter of the value lost in the wake of the April 20 explosion on the Deepwater Horizon drilling rig. Talk of a possible bankruptcy or takeover of the company has mostly faded.

But the company still faces the daunting task of paying huge government fines and royalty payments, cleanup costs, damage claims and legal expenses for years. Analysts estimate BP's final tab for the Gulf oil spill will be anywhere from $50 billion to $100 billion US. Many analysts feel BP can cover the costs if they're spread out over years or even decades.

THE ASSOCIATED PRESS

Market moment

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Gold contracts

$1,208.30 (+ $1.30)

OIL

-42¢ US ($76.62 US)

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DILEMMA DEVELOPING ON HIGH SEAS

Urban Compass

PAUL SULLIVAN

Don't look now, but there's another boatload of desperate refugees headed to the West Coast.

Or is that illegal immigrants? Or maybe terrorists? Details are sketchy, but it looks as if another ship is following the lead of the Ocean Lady, which turned up last May carrying a cargo of 76 Tamil men who said they were fleeing persecution in Sri Lanka. All 76 are now in Canada, presumably where they will stay once the refugee review process is done — at some vague, unspecified point in the future.

Now, a Sri Lankan newspaper reports that another ship, the MV Sun Sea, is heading for Vancouver, this time with 200 Tamils on board.

It worked last time, so let's try it again?

Meanwhile, we don't know what to think. There were murky allegations that these ships harbour Tamil Tigers, militant separatists banned in Canada as a terrorist organization.

The Tamil rebellion was decisively crushed by Sri Lanka last year. The problem is, the Sri Lankan government is hardly a benign force, as Amnesty International reports 80,000 Tamils are still being held in concentration camps, and a U.S. State Department report charges Sri Lanka is responsible for the illegal execution and disappearances of young Tamil men.

"But if we send them home, will they be subject to illegal executions and disappearances?"

Many believe the violence was a bloody culmination of a remorseless race war waged by Sri Lanka: An attempt to subjugate the Tamil people, which spawned the rebellion in the first place.

So, one man's terrorist is another man's freedom fighter, but whatever happens, it's likely the entire process will be shrouded in mystery and, so far, the media (that's us!) have failed to get beyond bewilderment and confusion.

Any attempt to sort right from wrong seems doomed to failure. There is no doubt these guys are queue jumpers, simply shoving their way to the front of the line, ignoring the hundreds of thousands around the world who would like to get into Canada and are following the rules, waiting patiently in line.

But if we send them home, will they be subject to illegal executions and disappearances? Our history, as we all know, is marred by several such incidents.

But how hard is it, really, for the government to bring some transparency to this process? And how likely is it that will happen?

If the Ocean Lady is any precedent, I have little hope the light will shine on the Sun Sea, and we'll soon have 200 permanent new residents.

Illegal or otherwise.

Cartoon

MICHAEL DE ADDER

The deep end of irony

Letters & Tweets

TORONTO. With recent drownings in pools and lakes across the country, people may believe swimming lessons should be something taught within the school system; however, most drowning incidents are due to a lack of common sense.

Just because Canadian schools place a new swimming curriculum in the education system, it will not ensure the lowering of drowning statistics.

If schools did provide lessons, at what age would they begin? The younger they are, the more supervision and help you would need. Consider this — if children were to begin learning at a later age there would be an increase in younger children as drowning victims since parents may not put them in lessons at an early age and just wait for the curriculum for swimming to take place.

If swimming is a skill the public (specifically parents) believes everyone (specifically children) should know, then so be it.

There are so many resources to learn how to swim; from private pools or clubs to community centres.

If a city is already providing these programs, it is up to taxpayers to utilize what they are already paying for.

KELLY MARK

Safety first

TORSTAR NEWS SERVICE FILE

Calgary Stampede: Pro or con?

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Metro Minute with Korean navy ships

Take a wander down to North Vancouver's Burrard Drydock Pier east of the market to catch a free tour of one of two Korean navy vessels.

The ROKS Yang Man Choon and the ROKS Hwa Cheon — which are 135 metres and 133 metres long, respectively — are open to the public from 10 a.m. until 5 p.m.

The vessels carry 630 people and have stopped in North Vancouver as part of a 90-day trip to more than 11 cities in eight countries. They're part of the Korean Navy Cruise Training Task Group.

If you miss the tour tonight, the ships will also be docked tomorrow. For more, visit cnv.org/ThePier.

KRISTEN THOMPSON

FLICKR.COM

▶ The South Korean Navy ROKS Hwa Cheon, seen here in New York, is in Vancouver for free tours.

2 scene

News in brief

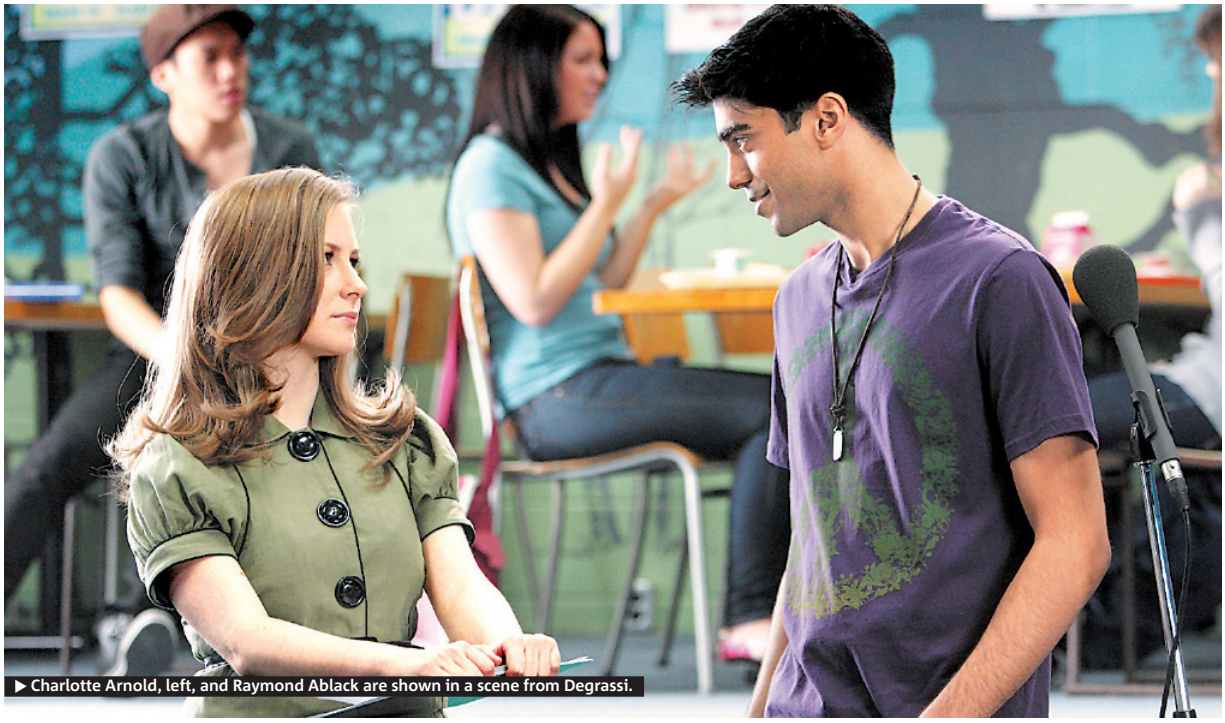
1 Pink underwent a checkup at a hospital after she fell off a stage in Germany. THE ASSOCIATED PRESS

2 Justin Bieber has supplanted Lady Gaga for the honour of the most-watched video of all time. THE ASSOCIATED PRESS

3 Aerosmith guitarist Joe Perry was rear-ended by a car while riding a motorcycle last week. THE ASSOCIATED PRESS

ScanLife

Roman Polanski makes first public appearance since being released from house arrest



▶ Charlotte Arnold, left, and Raymond Ablack are shown in a scene from Degrassi.

No summer break for Degrassi students

Teen show's 10th season debuts this week in new telenovela format
U.S. network orders double the episodes
Still tackling tough issues

We know how the students of Degrassi High are spending their summer vacation: Working!

The show's tenth season debuts today on Teen Nick in the U.S. and MuchMusic in Canada, with new episodes airing Monday to Thursday. On Fridays, the network will air a marathon of that week's episodes.

Teen Nick decided that given the popularity of the teen drama about students attending high school in Toronto, it would be the perfect model to try out a telenovela or soap opera style format.

"(It) allows you to spend more time with all the characters. We think fans are gonna go crazy for it," said Marjorie Cohn, Nickelodeon's president of original programming and development.

The cast and crew were intimidated at first when they heard their series order had doubled from 24 episodes to 48, Cohn said.

"They were kind of excited but they needed to think about it," she said. "Once they were sure the quality wouldn't change and that it would be an opportunity I think they really got into it."

One perk is there's freedom in the extra time. Conflicts no longer have to be wrapped up within a half hour and different characters' perspectives can be presented.

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"It actually became quite liberating and exciting for my writing team when we realized these opportunities would open up for us," said Degrassi creator and executive producer Linda Schuyler.

"We're given a chance to kind of delve into our stories a little more deeply," adds actress Charlotte Arnold, who plays Holly J.

Season 10 will continue tackling issues relevant to teens and will even introduce a transgender story line. THE ASSOCIATED PRESS

New class

▶ Four new cast members have been added to Degrassi this season.

Networks turn to sprawling big budget miniseries

With their epic storylines, expansive casts and exploding production budgets, there's nothing mini about the modern TV miniseries.

These days, extravagant multi-night specials have established themselves as crucial for networks eager to lure fickle viewers and define their channel as a home for unique programming, say producers and broadcasters competing for attention.

"It's about giving premium quality programming to the audiences"
MICHAEL PRUPAS

Recent spectacles like Steven Spielberg's war epic The Pacific — which reportedly cost $200 million — and the upcoming $50-million Canadian co-production The Pillars of the Earth, stem from ongoing efforts to break through an increasingly tough entertainment landscape, say those in the business.

THE CANADIAN PRESS/HANDOUT

▶ Donald Sutherland in The Pillars of the Earth

"A couple of years ago we were all on the search for the 'event two-hour movie'," says Christina Jennings of the Toronto-based Shaftesbury Films, which produced the miniseries, Bloodletting and Miraculous Cures for HBO Canada.

"We've moved off event movies and we're now into event miniseries."

By "event" she means marketing dramatic series as one-time only, special airings — something usually reserved for big sporting events or news.

And nothing says "event" like over-the-top effects, budgets and casts.

The eight-part The Pillars of the Earth' cost "way above" previous homegrown ventures, says Montreal producer Michael Prupas. The sprawling costume drama is set centuries back. THE CANADIAN PRESS

Euphoric Enrique

Iglesias mines 'magical' moments for his first bilingual album Why the Miamian is a Spaniard at heart — especially when it comes to soccer

NINA ETTRUP
METRO WORLD NEWS IN DENMARK

Pop heartthrob Enrique Iglesias has just released his first bilingual album, Euphoria. Why is he so happy? It's all about the music, he tells Metro (though we're sure girlfriend Anna Kournikova has something to do with it, too).

Your last album was called Insomniac — this one is called Euphoria. We're guessing you're in a good place in your life right now?

I think I'm in a good place right now musically. On this album, I was able to find moments that were magical, moments where I felt extremely happy — and they're hard to find! The more albums you make, the more difficult it is to find those moments. Sometimes you need a change, and I was able to do that on this album. That's why I named it Euphoria. There's a song in Spanish, Cuando Me Enamoro … it gives you that adrenaline rush, it gave me goosebumps when I heard it the first time. I thought, "This is really special."

When I wrote I Like It — the first single — I had that feeling too. I felt like it was completely different from anything I have ever done.

"On this album, I was able to find moments that were magical, moments where I felt extremely happy — and they're hard to find! … That's why I named it Euphoria"
ENRIQUE IGLESIAS

This is the first album where you sing in both Spanish and English. Is that a big deal for you?

Yes, it is. I needed it. I've been wanting to do it for five years, but I didn't feel comfortable doing it until now.

You were born in Madrid but grew up in Miami. Do you feel Spanish or American?

I feel Spanish, but I'm very Americanized. I don't speak perfect English, I don't speak perfect Spanish. I'm right in between. Although, for the World Cup I'm Spanish 100 per cent. I dream in both … and when I speak with my friends I constantly mix. I've been doing that forever.

You've worked with Usher, Akon and Nicole Scherzinger on this album. Is there anyone you still dream of working with?

Bruce Springsteen, Tom Petty and Billy Joel.

All about Enrique

- **He was born** in Madrid on May 8, 1975, and then grew up in Miami.
- **His father is** music legend Julio Iglesias; his mother is Filippino journalist Isabel Preysler.
- **He released** his first album, 1995's Enrique Iglesias was entirely in Spanish.
- **His first album** in English was Enrique in 1999.
- **He has been dating** former tennis ace Anna Kournikova for nine years. They live in Miami.

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Enrique Iglesias

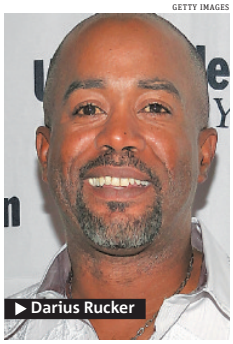
Darius Rucker to release second country album

Darius Rucker wrote 77 songs for his new album. That's not a misprint.

Most of them ended up not making the cut for Charleston, SC 1966, Rucker's follow up to his country breakthrough, Learn to Live. The new album will be out Oct. 12, and will include 12 new songs. Rucker said it was no problem coming up with a final track list.

"We just listened to them and saw what was rising to the top," Rucker said.

"When I say that, people say to me, 'Man, that must be a hard decision.' No, not really. The best songs really rise to the top."

GETTY IMAGES

▶ Darius Rucker

The 44-year-old former Hootie and the Blowfish singer was the first black performer to win a major individual CMA award since Charley Pride in 1971-72.

Rucker says the many fans of Learn to Live can expect something very similar to Charleston, SC 1966. THE ASSOCIATED PRESS

1.4
Million — Learn to Live has sold 1.4 million albums, according to Nielsen SoundScan.

Anthony says new album is soundtrack to his life

Marc Anthony calls his latest album, Iconos, one of his most satisfying, but the crooner acknowledges experiencing a roller-coaster of emotions while he was recording it.

"I felt the gravity of the responsibility … and also in the studio I felt the insecurity, the absolute bliss, uncertainty, total satisfaction, fear," he recalled in a recent interview.

"You invest all these years in this project. … You go to the studio and you say, 'What do I have to offer? This song is perfect! Am I gonna fall short?' … And then it's over, and wow."

The finished album, released in late May, was on top of Billboard's tropical albums chart for several weeks. It includes covers of romantic classics by Mexicans Juan Gabriel and Jose Jose and Spaniard Jose Luis Perales, and Spanish ballads like El triste, Y como es el and Amada amante.

Anthony said he listened to these songs as a kid growing up in New York City.

"I was raised with these songs that my parents listened to never realizing it was going to be the soundtrack of my life," he said, speaking in a mixture of Spanish and English. "Today I realize it and I get amazed by their importance."

The album, produced by Marc Anthony and Julio Reyes, features 10 songs, two of them original. While he sings songs by his favourite singers, Anthony said the selections were not made because of the artist but because of the song.

GETTY IMAGES

▶ Marc Anthony

His favourite is Almohada, a Jose Jose hit from the 1970s.

"The arrangement is so cinematic. … Even if you take the lyrics off there is a story," said the 41-year-old musician.

"The song challenged me. … It captures the challenge that making this album was."

The order of the songs was chosen by his superstar wife, Jennifer Lopez.

"Jennifer absolutely loved it! She was there every step of the way. She actually sequenced the album. She's my muse," he said proudly.
THE ASSOCIATED PRESS

Lohan hires part of O.J.'s "dream team"

With celebrity lawyer Robert Shapiro at her side, charged actress moves into substance abuse facility.

GETTY IMAGES

▶ Celebrity lawyer Robert Shapiro has agreed to represent Lindsay Lohan if she does her jail time.

Lindsay Lohan has moved to a substance abuse facility and signed legal papers hiring celebrity lawyer Robert Shapiro to represent her as she prepares to head to jail for violating probation in a 2007 drug case.

Shapiro, a key figure on O.J. Simpson's legal "dream team" in 1995, confirmed Lohan was staying at Pickford Lofts, a treatment centre Shapiro founded after his son died of a drug overdose.

Shapiro told The Associated Press on Friday he had agreed to represent Lohan only if she does her jail time and complies with the terms of her probation.

He said he would help the actress get treatment to accomplish long-term recovery and sobriety.

"Ms. Lohan is suffering from a disease that I am all too familiar with," said Shapiro, whose son Brent died in 2005. "Hopefully I can be of assistance."

Lohan is scheduled to begin serving a 90-day sentence on Tuesday.

Shapiro has represented numerous celebrity clients.

In representing Lohan, Shapiro is replacing attorney Shawn Chapman Holley, another veteran of the Simpson trial in which the former football star was acquitted of the murders of his ex-wife Nicole and her friend Ronald Goldman.

Holley resigned after saying Lohan's sentence was harsh and unfair.

Shapiro filed papers in court signed by Lohan substituting him as her counsel. THE ASSOCIATED PRESS

Talking points

Oksana teeth photos leaked

EVIDENCE? Photos have leaked allegedly showing Oksana Grigorieva with chips in her front teeth from her altercation with Mel Gibson earlier this year, according to Radar Online.

"Oksana lost a veneer and the right front tooth was severely chipped," a source tells the website.

But Grigorieva's own dentist doubts the evidence, telling TMZ that the damage in the photo is not consistent with what would be caused by being punched in the mouth.

METRO WORLD NEWS

Celebrity tweets

John Mayer [@johncmayer] If I were a political cartoonist I'd draw the busted oil pipe in the gulf with a giant busted oil pipe-shaped rubber bumper on it. Then I'd write something underneath like "BP announces fix."

Justin Bieber [@justinbieber] ha-ha...im not dead...alive and well. great show tonight in the Bay....incredible crowd and great energy...just didnt have internet thats all

Samantha Ronson [@samantharonson] Dear friends: If I don't follow you on twitter, please don't expect me to know what's going on in your life. Email me.

METRO NEWS SERVICE

Bristol and Levy paid by Us

GETTY IMAGE

Us Weekly reportedly put a lot on the line to get the cover story about Levi Johnston and Bristol Palin's engagement. The magazine paid the young couple $100,000 for the exclusive interview and photo shoot, according to Page Six. Palin even gave a separate interview to People magazine. METRO WORLD NEWS

Snipes' denied

Wesley Snipes' appeal of his three-year prison sentence for tax evasion was denied late last week, according to TMZ, meaning the actor will be spending time behind bars. Snipes had challenged the 36 months of incarceration. He was found guilty of not paying income tax between 1999 and 2001.

METRO WORLD NEWS

Detained for cannabis... again

DRUGS. Paris Hilton was reportedly detained by police for marijuana possession for the second time this month, this time at a private airport in Corsica, according to the AFP.

Authorities on seen found less than a gram of the drug and released her, according to the report.

Hilton took to Twitter to defend herself, posting, "So sick of people making up rumors about me. The latest one about me is completely false too."

METRO WORLD NEWS

IN THEATRES JULY 30
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Paul Rudd
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▶ Giving your kids all of the new toys might make your kids happy in the short-term, but teaching them to count their blessings is its own reward.

Focus your kids on helping out others

Kindness and generosity are traits that can be passed down from parents to child ◗ Too much of the world around us promotes an 'egocentric' attitude ◗ Action, learning, affirmation

Too much free time in the summer can bring out the self-centred side in the sweetest of children.

Suddenly whines of, "I'm bored" are coupled with an intense desire to satisfy their need for the latest video game or toy — no matter the cost. Instead of giving in and purchasing the toy du jour, use the summer to cultivate kindness in your children with these helpful hints from Christian Children's Fund of Canada, an international development organization that helps children around the world:

1 Educate your child to think beyond their world. Clip news articles or photos that show what life is like for children their age in other countries. It will teach them to count their blessings and understand the needs that exist. A website like ccfcanada.ca has a gift catalogue that allows children in Canada to look at a variety of practical items that are needed by children overseas, such as glasses or emergency food.

2 Inspire your child to take action. It's easy for parents to make a donation and tell the kids about it, but making the child responsible for raising and collecting the donation is an important part of learning generosity. Ask your child if they think the child they are trying to help would appreciate a portion of their allowance or encourage them to look for neighbourhood jobs like pet-sitting, pulling weeds, or washing cars for donation money. You'll be surprised how doing a little work to raise funds for someone in need will make your child's heart grow.

3 Affirm your child's efforts. As a parent, be enthusiastic, supportive, and encouraging, regardless of whether your child succeeds or fails in their goal. An egocentric attitude replaced by kindness and generosity is worth celebrating at any age.

NEWS CANADA

French Toast Peanut Butter & Jam

▶ French Toast Peanut Butter & Jam

Ingredients :
- 1 large egg
- 15 ml (1 tbsp) milk
- 1 ml (1/4 tsp) ground cinnamon
- Pinch salt
- 2 slices whole-wheat bread
- 30 ml (2 tbsp) peanut butter
- 15 ml (1 tbsp) fruit jam
- 15 ml (1 tbsp) butter
- Powdered sugar

Preparation:

1 In a wide, shallow bowl, whisk together egg, milk, cinnamon and salt.

2 Use bread, peanut butter and jam to make a peanut butter and jam sandwich. Spread half of the peanut butter on each slice of bread. This helps the sandwich hold together.

3 Soak sandwich in egg mixture for 2 minutes per side, pressing it gently with a fork to help it absorb egg.

4 Heat a medium skillet over medium. Add butter. When butter has melted, add sandwich and fry for 2 minutes, or until the bottom is lightly browned. Use a spatula to flip sandwich, then cover the skillet and cook for another 2 minutes or until browned on the second side.

5 Serve sprinkled with powdered sugar.

THE ASSOCIATED PRESS

3 life

Bedtime

Running out of tricks to get an unwilling child to unwind before bed? Bedtime can be a challenging task for any parent, especially when trying to encourage a regular routine that signals it's time to tuck in for the night. Incorporating story-time into the evening routine is a helpful way for parents to engage kids and spend quiet, nurturing moments together with their children after a long day.

NEWS CANADA

ScanLife

What's the right age for kids to stop using opposite-sex bathrooms with their parents?

How to travel eco-gnito

Going on vacation does not mean time off from the environment Many options for greener holidays

There are many organizations that can help you plan an environmentally friendly trip.

Want to be an eco-responsible tourist this summer? There are a lot of eco-labelled operators out there, but in the end it all comes down to your individual choices: who you chose to travel with, and how.

But don't despair, your eco-holiday need not be a chore. There's a wealth of tips and ideas on forums on the web. A good place to start your search is the The International Ecotourism Society (TIES). It is the world's oldest and largest ecotourism organization and celebrates its 20th birthday this year.

"We hope to provide information and educational opportunities for both businesses and individual travellers. Things like how you can travel more responsibly by sharing examples of best practices," says Ayako Ezaki, communication director at TIES.

The organization is U.S.-based, but their focus is international.

"The awareness of the importance of being more sustainable in tourism is spreading throughout, not just in eco-lodges and small business but also in hotels and larger chains. You can really see a change," says Ezaki.

There are many local, regional and international eco-labels and accreditations out there. It's not easy to see the forest for the trees sometimes. "On the one side it is positive there are many tools for the travellers, but on the other it is a challenge. It creates confusion knowing what means what," says Ezaki.

An attempt to address this problem is the creation of The Global Sustainable Tourism Criteria sustainabletourismcriteria.org and the setting up of The Tourism Sustainability Council that will be launched this year.

But you get a long way with common sense and informed choices: "Regardless where and how far you are travelling, everything you do from choosing who to travel with, what to bring with you and taking from the destination gives you an opportunity to make a difference," says Ayoko.

Queen of Green

LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

ADD SOME BORAX TO CLEANING ARSENAL

QUESTION:
Green cleaning recipes call for borax, but when my father was a pediatrician, he recalls diagnosing children with borax poisoning. Is borax safe?
Suzanne from Winnipeg, Manitoba

Borax (sodium borate) is an alkaline mineral salt. It's a naturally occurring compound, but even things from nature can be harmful. Not unlike conventional cleaning products, homemade or store-bought green cleaning solutions should be stored safely away from children and pets.

Borax is very effective, versatile, affordable, and eco-friendly compared to petroleum-based ingredients in conventional cleaning products. Handled with respect, borax is a great addition to your cleaning arsenal. Mix solutions in your kitchen, away from food, and clearly label your finished product.

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Making meetings fun again?

Here's advice on how to keep meetings on track and maybe even (gasp!) interesting

ISTOCK

▶ Keeping employees from being bored in meetings isn't hard to do.

DREW HINSHAW
letters@metro.us

Where do the days go? Scroll through your calendar and you might find that mammoth chunks of your nine-to-five are swallowed up by the corporate conference room, the conversation vortex where clocks melt and time crawls slithers by the speed of a PowerPoint.

More than a third of Americans recently polled consider meetings to be "a complete waste of time," according to a survey by California's Meeting Solutions, and you need not convene a roundtable to brainstorm why.

"If you're taking an hour-and-a-half to hold your meetings, then multiply that by 10 people in the room," executive coach Barbara Frankel says. "That's a great deal of time."

Quoted:

"If you're taking an hour-and-a-half to hold your meetings, then multiply that by ten people in the room ... That's a great deal of time"
EXECUTIVE COACH BARBARA FRANKEL

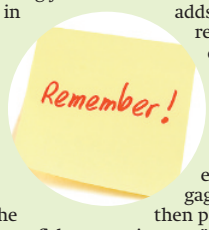
Career gurus note that meeting management is fundamental to office leadership — for executives, "it's one of the key skills," notes Dare Kurow, executive advisor.

Plus, if you play the clock right, you can salvage some semblance of efficiency from the ritual. Start with the pre-planned strategy of not handing the conversation steering wheel to the diversion artists, brag-a-holics, and perpetual fault-finders who passive-aggressively sabotage the docket by subject-swapping, Frankel warns.

Focusing on post-meeting "action items," she says, can keep heads from tilting towards the table. "Define what the goal is and the action that's going to be taken," she says. "Then define who's going to do it and what resources they need."

Meeting tips

"The worse thing you can do is go in there and wing it," Kurow says. A pre-conference mass e-mail, she offers, can not only announce the agenda, but can fish out new ideas.



"Ask employees to bring at least one creative suggestion to the meeting," she says. Frankel concurs, and adds that recruiting reticent colleagues into the huddle is the mark of impressive management. "If you're not enlisting and engaging everybody then people are checking out," she says.

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Returning officers are appointed for a 10-year period and are responsible for ensuring the integrity of the electoral process. They must remain non-partisan throughout their period in office.

Remuneration is governed by regulation. Current fees for an election period are approximately $21,500. The hourly rate for special assignments between elections (approximately 200 hours per year) is $45.32 per hour. These rates are subject to annual review.

Visit Elections Canada's Web site at www.elections.ca. Click on "Returning Officer" to download the application form, the job description and other relevant documents. For more information or for a copy of these documents, you may also call 1-800-463-6868.

Applications must be received by midnight on Monday, August 2, 2010.

Cette offre d'emploi est également disponible en français à www.elections.ca.

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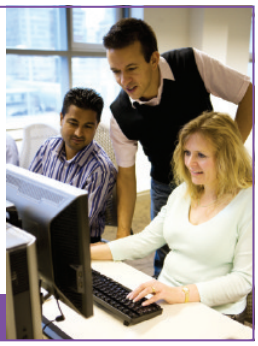

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Making RRSP one of education's three R's

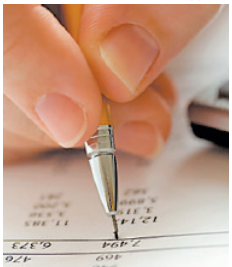
Not making any money while at school? It's no reason not to file a tax return

Even students who didn't earn enough money to necessitate paying income tax should file an income tax return. The rationale for this is that 18 per cent of earned income from the previous year is eligible to be contributed to an RRSP.

Students don't have to deduct an RRSP contribution in the year in which it was made; instead, they can carry it forward for deduction in a future period when they have sufficient income with which to offset the RRSP contribution.

Taxpayers are able to withdraw money from their RRSP for qualifying full-time education and training for either themselves or their spouse/common-law partner — but not both parties at the same time — on a tax-free basis.

NEWS CANADA



There are benefits to filing a tax return

For individuals with disabilities, this provision, which is known as the Lifelong-Learning Plan (LLP), covers both full- or part-time education and training.

LLP withdrawals may not exceed $10,000 in a year and $20,000 over a four-year period. Taxpayers can participate in the plan as many times as they wish but may not begin a new plan before the end of the year in which all repayments are made for previous withdrawals.

Withdrawals are generally repayable in equal instalments over 10 years, beginning about five years after the first withdrawal (sooner if the student fails to remain in the program full time).

Many lower-income earners, including students, may be eligible for a GST credit. NEWS CANADA

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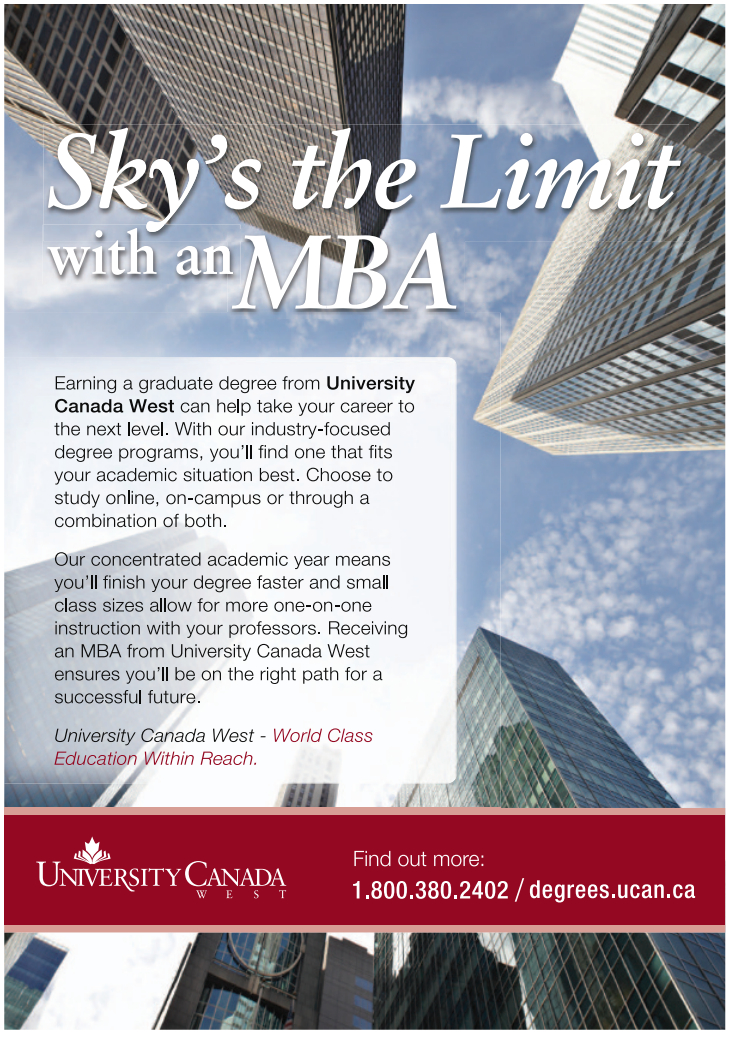

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UBC student group nominated for Emmy

Ten journalism students from the University of British Columbia and their professor have been nominated for two Emmy Awards.

The group produced a documentary titled Ghana: Digital Dumping Ground, which aired on PBS last year and has been nominated for outstanding investigative journalism and outstanding research.

The documentary followed electronic waste around the globe and addressed public health, human rights and national security concerns.

As part of the project, the students purchased hard drives while in Ghana that contained information about multimillion-dollar defence contracts involving the Pentagon and the U.S. Department of Homeland Security.

Professor Peter Klein says journalists work their entire careers to try and get an Emmy, so it's pretty special his students have achieved such recognition.

Klein has been nominated for a third Emmy for outstanding business or economic reporting for his documentary, Over a Barrel: The Truth About Oil.

THE CANADIAN PRESS

Canada shining

- The UBC students nominated for the award include: Heba Abou Elasaad, Shira Bick, Ian Bickis, Krysia Collyer, Allison Cross, Daniel Haves, Doerthe Keilholz, Jodie Martinson, Blake Sifton, and Leslie Young.
- Other Canadians who have earned a spot among the nominees include theglobeandmail.com for Behind the Veil, a series about women's lives in Afghanistan and Anvil: The Story of Anvil, a documentary about the Canadian heavy metal band Anvil.

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Metro July 19/10

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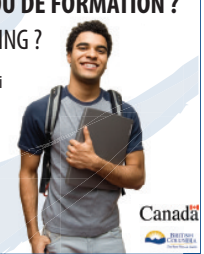

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To 'school' or 'unschool'

There are a lot of choices out there for parents who decide to home-school their children Should you create a curriculum or not?

AP PHOTO/JEFF ROBERSON

▶ Lauren Garber of Baldwin, Mo., looks over study aids. Garber home-schools her three kids.

Janice Hedin's son was into model rockets, so she used that as a starting point for his home-school curriculum.

Her daughter loved horses, and that became a focal point for her education.

"She owned it," said Hedin of Maple Valley, Wash.

"It was hers. I didn't have to force anything because she loved every minute of it."

Some home-school parents create their own curriculum for their kids. "There should never be a set curriculum," said Hedin.

"Every child is so unique. Our goal as parents is to custom design the education that fits our children."

For those who find that daunting, there are many prepared curricula available for home schooling, as well as guides to what a child should know at each grade and age.

Material is available online and in libraries, at bookstores and through home-school support groups.

The World Book, for example, provides a free online guide detailing typical courses of study for students from pre-kindergarten to 12th grade.

Parents also must decide how they want to teach their children.

There are different styles of home schooling, from a traditional, structured, school-type setting to "unschooling," where the child sets the parameters for learning.

"Unschooling is totally throwing out the curriculum," said Hegener. "Life itself is a learning resource."

One popular form of home schooling is unit studies.

"Basically, take something like trains, say, and it's amazing what you can learn," Hegener said.

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How to start

Among the questions parents should ask when deciding whether to home-school?

- Do I want to create my own curriculum or use a prepared one? Do I even need a curriculum?
- Do I want to use a textbook?
- How will I keep track of my child's progress?
- The key is knowing your child, Hedin said. She urges parents to discover their children's interests, what excites them and what they want to learn. "Then together you begin to seek out resources and curriculum. You do it as a team," she said.

THE ASSOCIATED PRESS

Kissing pigs and skydiving, oh my!

▶ Assistant principal Barbara Sustrunk, left, went skydiving after her school's PTA met its participation goal.

Sometimes it takes a minute for James Anderson to figure out why people are staring at him.

Then the assistant principal remembers that in June he let a group of Power Middle School students shave his head with an electric razor and his hair's still growing back.

He had promised he would let them take the shears to his locks if they had fewer failing grades in 2010 than the previous year.

Every year, school administrators like Anderson make local headlines for silly stunts intended to motivate students.

Principals do everything from spending the day on the roof to kissing pigs to taking pies in the face to reward students for a job well done.

The antics really help "motivate and encourage," said Diane Cargile, outgoing president of the National Association of Elementary School Principals, based in Alexandria, Va. "The (students) love it, and the parents love it," Cargile said. "They know you care about the children."

It's a popular tool that's not often discussed among professionals, said Anderson, who works in Farmington Hills, Mich. "I go to principal conferences every year and we've never once discussed this," he said.

Offering to shave his head had an impact on the students and their grades, Anderson added. The number of F's dropped from 312 to 36, he said.

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Series leader wins Honda Indy

Will Power avoided trouble in a race filled with collisions to win the Honda Indy Toronto.

The 29-year-old Australian finished one spot ahead of defending race champion Dario Franchitti. It was the fourth win of the season for Power, who arrived in Canada as the IZOD IndyCar Series leader.

Canadians Paul Tracy and Alex Tagliani finished 13th and 17th, respectively.

Six drivers were forced out of competition by contact in the temporary street course on the grounds of Exhibition Place.

Justin Wilson began the race from the pole position after a stellar display in qualifying on Saturday. The 31-year-old Englishman set a series track record with his fast lap of one minute 0.2710 seconds, but spun out with barely a dozen laps remaining yesterday and finished in seventh.

A handful of drivers had struggled with the demanding track. Tracy spun out at Turn 11 during his final qualifying run, which left him starting yesterday's race from the second-last row in the grid.

The 41-year-old from Toronto made a series of passes in the early moments, and found himself in the lead before the 20th lap. Tracy delayed his first pit, and delighted the local fans by holding the lead for 14 laps. THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

▶ Will Power celebrates after winning the Honda Indy.

Relative unknown makes it look easy

On Nelson Mandela's birthday, Louis Oosthuizen becomes fourth South African to win British Open

Hardly anyone knew Louis Oosthuizen, much less how to pronounce his name. Not many will forget the performance he delivered at the home of golf to capture the British Open.

A week after the World Cup ended, South Africa had more reason to celebrate yesterday, this from a most unlikely source. Oosthuizen, a 27-year-old who had only made one cut in his previous eight majors, blew away the field at St. Andrews for a victory that looked as easy as when Tiger Woods first won here a decade ago.

Oosthuizen (pronounced WUHST'-hy-zen) made only two bogeys over the final 35 holes in a strong wind that swept across the Old Course. He led over the final 48 holes and closed with a 1-under 71 for a seven-shot victory over Lee Westwood of England.

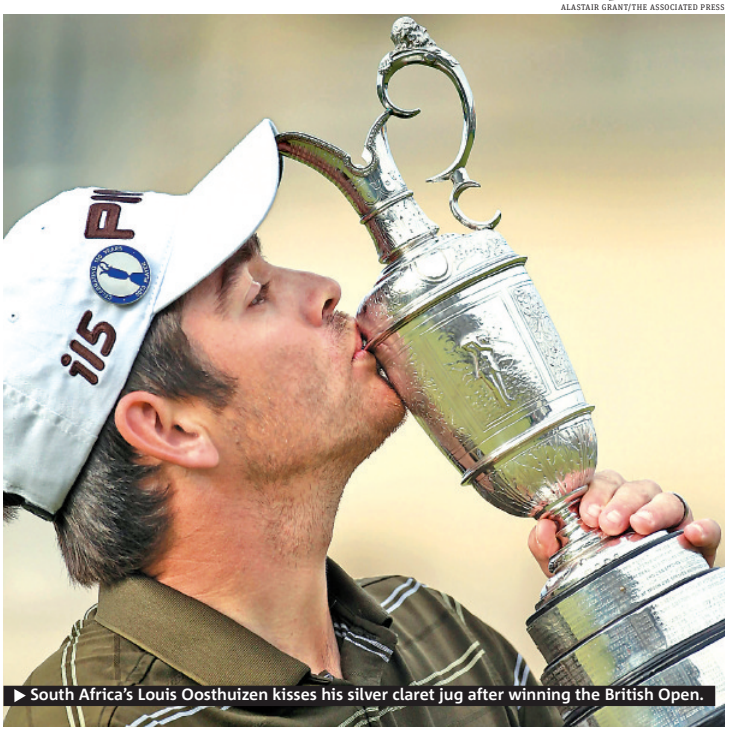
For all the craze about those vuvuzelas, the sweetest sound for Oosthuizen turned out to be the skirl of a bagpipe.

Oosthuizen could not think of a more special venue to capture his first major. He just had no idea it would be this easy.

He never let anyone get within three shots of him in the final round, and he answered that brief challenge from Paul Casey by knocking in a 50-foot eagle putt on the par-4 ninth green to restore his cushion. Casey's hopes ended with a triple bogey into the gorse three holes later, and Oosthuizen spent the final hour soaking up an atmosphere unlike any other in golf.

THE ASSOCIATED PRESS

ALASTAIR GRANT/THE ASSOCIATED PRESS



▶ South Africa's Louis Oosthuizen kisses his silver claret jug after winning the British Open.

Burnett says sorry for tantrum

A.J. Burnett said he apologized to his New York Yankees teammates yesterday for a clubhouse fit that left him with cuts on both hands.

Sporting a bandage on each palm, Burnett said he had no trouble playing long toss and the lacerations don't affect his ability to grip the ball. He expects to take his next turn in the rotation Friday night against Kansas City.

Frustrated after two innings of an ineffective outing against Tampa Bay, Burnett slammed open a set of double doors Saturday, slicing both palms on the plastic lineup-card holders fastened to the entry.

The right-hander returned to the mound in the third, but was lifted after facing two more batters and giving up his fourth run of the game.

THE ASSOCIATED PRESS

MIKE STOBE/GETTY IMAGES

▶ A.J. Burnett

Sports in brief

Mayweather stays mum

BOXING. Floyd Mayweather Jr. allowed a deadline for striking a deal on a superfight with Manny Pacquiao to pass without saying anything. A day later, Mayweather indicated his stance wouldn't be changing any time soon.

Astros starter leaves game

BASEBALL. Houston Astros ace Roy Oswalt left yesterday's game against the Pittsburgh Pirates after four innings due to a left ankle contusion. Oswalt was struck in the foot by a ground ball by Pedro Alvarez in the second inning. Joe Niekro is the Astros' all-time wins leader with 144.

THE ASSOCIATED PRESS

4 sports

News in brief

1 Yankee Andy Pettitte strained his groin.

2 Tommy Gainey is the Nationwide Tour's first two-time winner this season.

3 Chelsea's manager says Ashley Cole will remain at the club for the forthcoming season.

THE ASSOCIATED PRESS

Scan code for more sports

We let the game get away: Lions coach

12	16
LIONS	ALS

"At times we were not disciplined and at times the execution wasn't exactly what you expected."
WALLY BUONO, B.C. LIONS COACH

After missing a pair of field goals, Damon Duval was prepared to take the blame.

Given a chance for redemption, the Alouettes kicker booted two key field goals, then pounded a single, as Montreal churned out a 16-12 victory over the B.C. Lions on Friday night to end their West Coast jinx.

Duval finished the night 4-of-6 on field goals, the longest 40 yards, and added singles of 42 and 60 yards as Montreal snapped a nine-game losing streak in Vancouver.

"If this game went any other way it's on my shoulders," said Duval, heaving a sigh of relief in a noisy Alouettes dressing room. "It didn't start off well.

"We stuck together. Offence and defence kept pushing. I finally picked things up and got things going in the right direction."

It was a game where the two quarterbacks combined for 50 completions and 550 passing yards, but just one touchdown.

An ugly night looks a lot prettier through a winner's eyes.

"We grinded through," said Alouettes quarterback Anthony Calvillo, who completed 30-of-47 passes for 297 yards.

"Our defence kept us in the game by keeping them out of the end zone. We had enough plays on offence to put us in field goal range."

The Lions offence showed some sparks but never really caught fire.

Casey Printers competed 20-of-40 passes for 253 yards, including a 14-yard touchdown to Jamal Robertson late in the first half. The Lions QB was also intercepted twice.

At times, Printers and his receivers weren't on the same page.

"There was a couple of miscommunications that we had," said Printers. "It's just timing that we have to work on.

"We had spurts when we were playing very well and we had spurts when we didn't. It's just part of the growing process."

Wally Buono, the Lions coach and general manager, was frustrated with the outcome.

"We let a game we could have won, should have won, get away," said Buono, whose team led 12-6 at one point. "We had opportunities to put more points on the board and we didn't do it."

THE CANADIAN PRESS

BRYN LENNON/GETTY IMAGES

▶ Andy Schleck completes yesterday's 14th stage.

Leaders match times at Tour

- Top two riders post identical times in 14th stage
- France's Riblon thrills crowd by winning stage

With the Pyrenees all too ready to punish riders, overall leader Andy Schleck and defending champion Alberto Contador sized each other up, matching wits and pedal strokes in a high-altitude waiting game at the Tour de France.

Yesterday's victory belonged to Christophe Riblon, a relatively unknown Frenchman who won a stage in cycling's showcase race for the first time.

Riblon, who rides for AG2R, was spurred by a French crowd that has little to celebrate at the Tour in recent years.

Canadians

Victoria's Ryder Hesjedal was 12th in the stage and continued to sit 13th overall. Toronto's Michael Barry fell to 99th.

"Yesterday night if you'd asked me about today, I wouldn't have bet one euro on me," he said.

"It's different now, of course. What I have done today is very important, for me and my team."

Schleck leads Contador, his closest rival, by 31 seconds. Both arrived with the same time, more than a minute behind Riblon.

They lost a few seconds to the next closest contenders, Samuel Sanchez of Spain and Denis Menchov of Russia, but were not unhappy.

"I couldn't pass him; I had to stay in his wheel," said Schleck, of Luxembourg. "I have often enough made the mistake where he attacked and dropped me because I passed him. I learn from my mistakes. But it will be a totally different scenario tomorrow."

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Californian golfer wins Players Cup by a stroke

Aaron Goldberg was forced to make some last-minute changes to his travel itinerary last night, but he's not complaining.

The California native fired a 5-under 66 to beat Victoria's Jim Rutledge by one stroke to take his first Canadian Tour title at the $300,000 Players Cup.

With the win, Goldberg earned a spot at this week's $5.1 million US RBC Canadian Open in Toronto.

Mike Grob (68) finished alone in third at 9-under, one shot better than Rob Grube (68).

Danny Sahl (71) of Sherwood Park, Alta., finished in a tie for fifth, four shots behind Goldberg.

Rutledge, Grube, Brock Mackenzie, Will Wilcox and Adam Hadwin of Abbotsford, B.C., also earning berths in Canada's stop on the PGA Tour due to their standing on the Canadian Tour's Order of Merit.

Instead of catching a flight to San Diego, Goldberg will now fly to Toronto for another week of work.

"I've got no problems at all flying to Toronto instead of home," Goldberg said moments before the trophy presentation at Pine Ridge Golf Club.

Hadwin (69) finished six strokes back, while Victoria's Stuart Anderson (68), Ottawa's Lee Curry (73) and Vancouver's Richard Lee (74) were in a group tied for 18th, seven shot off the lead.

Darren Griff (66) of Nanaimo wound up at 2-under in a tie for 27th.

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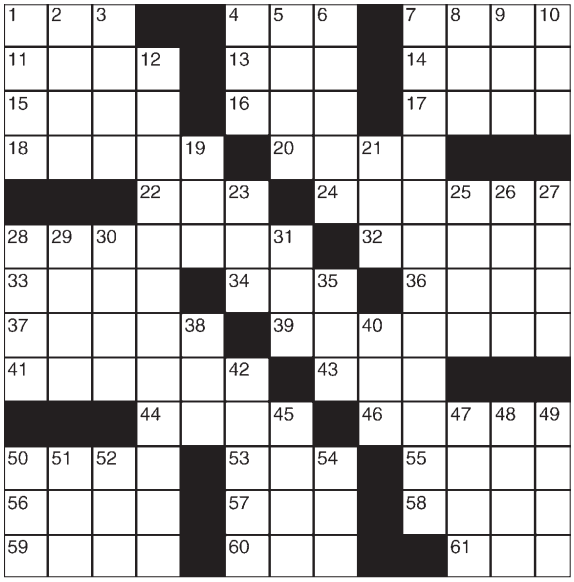
Crossword



Across

1 Take a chair
4 Recede
7 Employer
11 Handle
13 Romanian currency
14 Troop group
15 Beige
16 Distant
17 Alluring
18 Egg-beating tool
20 "Phooey!"
22 — -tac-toe
24 Texas city
28 Ennui
32 Ship's lowest deck
33 Addict
34 Satchel
36 Hardy cabbage
37 Loose
39 Ordered more magazines
41 Shocking
43 Meadow
44 Soon, in verse
46 Old anesthetic
50 Unkempt one
53 Court
55 Leak slowly
56 KFC flavoUr enhancer
57 To the — degree
58 Standard
59 Bygone times
60 "Of course"
61 Salary

Down

1 Distort the facts
2 Foot fraction
3 Ms. Spelling of reality TV
4 Sprite
5 Rosary component
6 Pack animal
7 Deadpan star of silent comedies
8 Inseparable
9 Half dozen
10 Pigs' home
12 Swimming champ who played Tarzan
19 Tease
21 Fuss
23 Corn on the —
25 Deli salad
26 Unrivaled
27 Mimicked
28 Obama predecessor
29 Norway's capital
30 Caboose's position
31 Scratch
35 Hair goo
38 Family
40 Born
42 Fabric softener brand
45 Memo
47 Barrel part
48 Pound of poetry
49 "Ratatouille" rat
50 Bashful
51 Zodiac sign
52 Bobby of hockey
54 Surprise cries

▶ Yesterday's answer

F	A	C	T	S		S	P	Y		A	S	H	
O	H	A	R	E		I	O	U		P	T	A	
G	A	M	U	T		M	E	M	B	E	R	S	
		B	E	A	T	I	T		I	R	A	N	
P	R	E		T	R	A		E	G	Y	P	T	
O	U	R	S		I	N	L	E	T				
I	N	S	U	L	T		I	C	O	N	I	C	
			P	A	E	A	N		E	U	R	O	
A	Z	T	E	C		B	E	E		M	E	W	
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T	I	M	B	E	R	S		E	G	E	S	T	
E	R	E		T	E	E		C	U	R	I	O	
R	E	D		A	P	R		T	E	S	T	Y	

Sudoku

			2				1	9
6	4				9			
2				8			7	4
	8			6		3		
3								5
		9		5			2	
5	3			7				2
			1				4	6
1	7				4			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	3	4	1	6	2	5	9	8
8	2	5	3	4	9	7	1	6
1	6	9	5	7	8	2	3	4
9	7	2	4	8	1	6	5	3
5	4	1	6	2	3	9	8	7
3	8	6	9	5	7	1	4	2
6	9	8	7	3	5	4	2	1
4	5	3	2	1	6	8	7	9
2	1	7	8	9	4	3	6	5

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I haven't ever been this happy until I met you. You complete me and make everyday a blessing. I don't know where I would be if I didn't message you back that day. You are everything I've ever wanted. I love you with each and every breath.
LOVE BASHIE

"HeaVrt". Mine will always have you in it. When isn't iiittttttttt!?!? Be patient. Please.
DRAMAR

Happy 19 months Mariam! I never like to say never but I never get tired of kissing you. I'll never give up on you because you always keep me high up there like it never ends.
DAVE B

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Today	Tuesday	Wednesday
Sunny	Variable	Partly cloudy
22° / 15°	22° / 15°	22° / 15°

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 This is a great week for a clear out, a great week for removing all the junk from your life – and there's plenty of it. The more space you create the better.

♉ Taurus April 23-May 21 You seem to be worrying about something that is of little consequence and it is beginning to affect your performance in other areas. Look at yourself in the mirror and repeat "It doesn't matter" a dozen times.

♊ Gemini May 22-June 21 Act as if you have no doubts at all. Act as if you know you are going to succeed. When others see your confident air they will go out of their way to assist you and together you will make things happen.

♋ Cancer June 22-July 22 It's okay to be assertive, but don't go too far. In the short-term you may succeed in forcing people to do your bidding but in the long-term the dictatorial approach is sure to backfire.

♌ Leo July 23-Aug.23 Everything happens for a reason, so don't start thinking the world is against you if one or two quite minor things go wrong today. On Thursday former events will make perfect sense.

♍ Virgo Aug. 24- Sept. 22 Laughter is always the best medicine, so stop shedding tears about things that have already happened and find reasons to smile — there are plenty of them if you care to look.

♎ Libra Sept. 23-Oct. 23 Laughter is always the best medicine, so stop shedding tears about things that have already happened and find reasons to smile—– there are plenty of them if you care to look.

♏ Scorpio Oct. 24-Nov. 22 You must be patient. You must give what you have started time to develop and mature. If you try to rush things over the next few days you will only succeed in slowing them down.

♐ Sagittarius Nov. 23-Dec. 21 Everyone can see from the look on your face what you think about the current situation, so don't bother trying to hide your feelings. You are a Sagittarius. You are supposed to be outspoken.

♑ Capricorn Dec. 22-Jan. 20 Stop lamenting what might have been and start looking forward to new opportunities that even now are heading in your direction. Wednesday heralds their imminent arrival.

♒ Aquarius Jan. 21-Feb. 18 Get out of the house or the office and do something that makes you feel alive. Once you are on the move your mood will change for the better.

♓ Pisces Feb. 19-March 20 There is no point worrying about what other people are saying. You cannot change their attitudes, nor should you want to. Focus on what is meaningful to you and ignore the gossips and cynics.
SALLY BROMPTON

Caption contest

CHRIS PIZZELLO/THE ASSOCIATED PRESS

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